

Regular Highbury Tennis Club Sessions
Check with the club to make sure a session is happening
There are usually breaks over public holidays and the summer

Day	Frequency	Time	Detail	Coach
Saturday	weekly	0900-1100	Men's 1 st & 2 nd squad training, occasional coaching	
Saturday	monthly	1000-1100	Women's 4 th team monthly squad training	Wendy Proudfoot
Saturday	weekly	1130-1300	Women's 1 st team training session	Wendy Proudfoot
Saturday	weekly	1400-1600	Women's 2 nd team training session	Viren Soma
Sunday	weekly	0900-1100	Women's 3 rd team doubles practice	
Sunday	monthly	1000-1200	Women's 3 rd team monthly squad training	Wendy Proudfoot
Sunday	weekly	1000-1200	Women's 4 th & 5 th team doubles practice	
Sunday	monthly	0900-1000	Women's 5 th team monthly squad training	Wendy Proudfoot
Monday	weekly	1000-1100	<i>Rusty Racquets</i>	Wendy Proudfoot
Thursday	weekly	1000-1130	Women's 4 th & 5 th team coached drop-in session	Wendy Proudfoot
Friday	weekly	1000-1130	Women's 3 rd team coached drop-in session (other team members can come by prior arrangement)	Wendy Proudfoot
Variable	Some weeks	1900-2100	Men's 3 rd squad training	

February 2016